

### definition

Aging in Place is the idea that an elderly person will be able to live in the residence of his or her choice for as long as possible

must be able to have needs met and maintain QoL

### continue to live at home

decreased mobility - possible need to use a cane, walker or w/c -Widen doorways to accommodate a walker or wheelchair. -Add a ramp to one entryway of the home. -Raise sunken living room or sunken den floors to make the floor of the home one level. -Install chair lifts for second story or basement stairs. -Remove throw rugs. - Remove unnecessary furniture and clutter. -Provide chairs with firm support and/or place chairs on risers. - Install a raised toilet seat or a tall toilet. -Install a hand held shower and provide a shower stool or bath bench. -Install grab bars in the bathroom, near the bed, and near the entry ways.

### continue to live at home (cont)

reduced vision, including visual impairment due to cataracts, glaucoma, MD or diabetic reniopathy -Increase lighting by installing brighter LED light bulbs, additional light fixtures, or additional lamps. -Increase contrast on floors, walkways and steps. -contrast dark rugs or mats on light floors, light rugs or mats on dark floors. -place contrasting tape on the edges of steps. -Keep needed items in the same places for easy access. -frequently used kitchen items between chest and head height. -keep items where they are used. -Provide large button electronic and communication devices. -large button telephone - large button television remote -Use magnifiers -Adjust settings on computers to enlarge print and increase contrast. -Mark stove dials, water faucet handles with raised dots to mark temperatures.

hearing loss -Increase the volume on telephone settings, doorbell, smoke and carbon monoxide alarms. -Replace old smoke and carbon monoxide alarms with alarms that include flashing lights. -Use telephones and alarm clocks that include flashing lights. -Provide an alarm clock that includes a bed shaker. -Sign up for telephone TTY service if hearing impairment is severe



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### continue to live at home (cont)

decreased neck and upper body range of motion -Rearrange kitchen and bathroom cupboard so that frequently used items are placed between waist and head height. -Provide a reacher for higher or lower shelves. -Use long handled bathing and grooming tools – long handled sponge, long handled comb. -Place grab rails on the bed to assist with bed mobility. -Use long handled tools for gardening and yard work

decreased strength and endurance -Slide heavy objects along countertops, tables, or the floor rather than lifting. -Use a wheeled cart to transport heavy objects. -Place chairs or benches in strategic places around the house or yard to provide frequent rest spots. -Provide an electric or large handled manual jar opener. -Replace round door knobs with lever style door handles. -Request that prescription medications be placed in prescription bottles with regular caps rather than child proof caps.

### continue to live at home (cont)

decreased reaction time and declining cognitive skills Provide a white board or large calendar to write down important dates and appointments. -Use a white board or pad of paper to write a daily to do list. -Place medications in a weekly pill organizer. -Set alarm reminders for medication and meal times. -Provide prepackaged meals that can be easily heated in a microwave. -Set the hot water heater temperature to 120 degrees or lower to prevent accidental burns. -Label cupboards, closets, and drawers with the contents. -Organize clothing into outfits that may be easily obtained and put on. -Place written safety reminders near the stove, coffee maker, and any other devices that might be accidentally left on.

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